

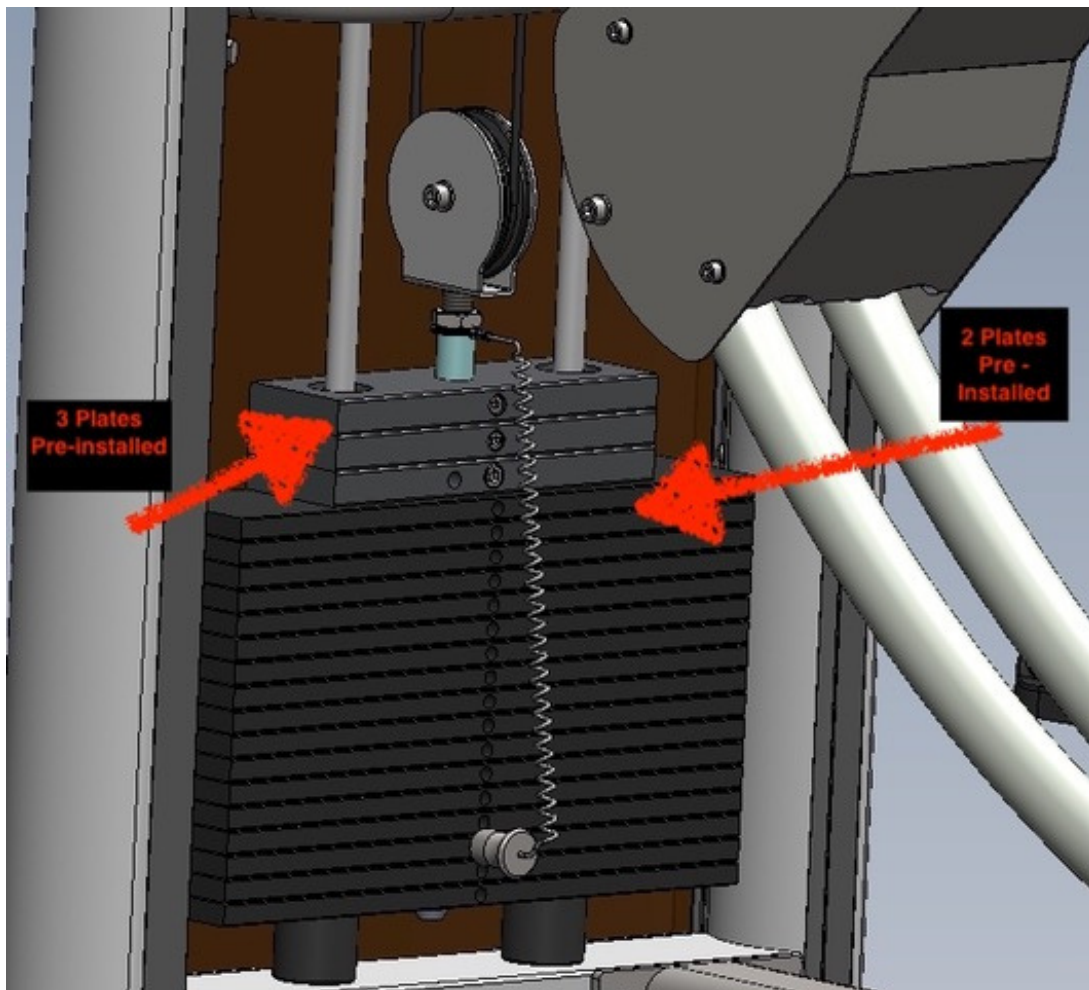
GLUTE COASTER™ WEIGHT SYSTEM AND INSTALLATION

Below is some helpful information regarding the weight system on the BootyCoaster™ and should be read while installing the weight plates and stickers.

1. WEIGHT PLATES

- The usable weight stack on the BootyCoaster™ is 180 lbs.
- Each unit comes with **3 top plates pre-installed**. These are designed to counterbalance the weight of the carriage so that it stays at the top of the rails when not in use.
- There are then 17 additional plates that a user could select when choosing their resistance during exercise. **2 of these are pre-installed and the other 15 you will install.**
- The machine comes with the 5 plates previously referenced already on the guide rails. Then there are 3 boxes of 5 plates each which make up the remaining 15 plates that need to be installed. (Figure 1)

FIGURE 1



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We Change Lives from the Core®

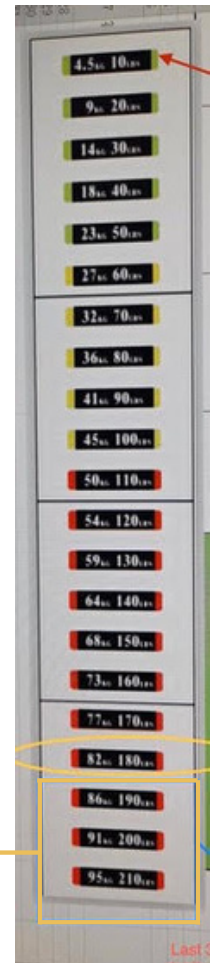
2. STICKERS

- The frame of the BootyCoaster™ comes in 2 boxes - A and B. In **Box A** there is a packet that has the manual. In this packet is a long sheet of stickers. These have the weight selections on them and the installer needs to apply them.
- The first sticker goes on the **THIRD plate from the very top**. This is the last of the counterbalance plates. Because there is a hole on the left side of this plate the sticker **MUST** go on the RIGHT. We recommend placing the rest of the stickers on the right side of the plates as well for uniformity. (Figure 2)
- Once all are installed there will be 3 stickers left over which you can discard or do with as you please. (Figure 3)
- Note: The weight supplier makes 2 kinds of stacks: KG dominant and LB dominant. Therefore, your stickers may appear different from the images below.

FIGURE 2



FIGURE 3



Extra Stickers

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